

Beyond BOW

Backpacking & Camping Adventure

July 26-27, 2014

Summit Creek Trail, Kenai Peninsula



Beyond BOW Backpacking & Camping Adventure!

- ***Gain backpacking and camping experience***
- ***Learn packing, gear tips and knot tying***
- ***Safety in the backcountry and much more!***

COST: \$100 Includes:

- ***Instruction***
- ***Program Materials***
- ***Breakfast, Dinner & Beverages***
- ***Much More!***



PREREQUISITES:

- ***Ability to hike and carry a loaded backpack on varied terrain for a duration of 5 hours.***
- ***Bring your own backpack, sleeping bag and tent. If you do not own a tent and want to share with another participant please contact Patti.***

REGISTRATION:

- ***Pre registration is required.***
- ***Space is limited to 8 participants, so sign up early!***

***For More Information
Please Contact:***

***Patti Berkahn
(907) 394-0008
patricia.berkahn@alaska.gov***



**Beyond BOW
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July 26 -27, 2014
Summit Creek Trail**

Agenda:

July 26, 2014 Meet at the Summit Lake Lodge

Milepost 45.5 Seward Highway

- **10:00 AM - Meet at the ice cream/coffee shop next to the Lodge**
- **10:15 AM - Caravan to trailhead**
- **10:30 AM - Gear check and packing tips**
- **11:00 AM - Hike to camp**
- **12:00 PM - Lunch Break**
- **3:00 PM - Arrive at campsite, set up tents, and filter water**
- **6:00 PM - Dinner**
- **7:00 PM Roundtable gear discussion**
 - **show & tell**
 - **knot tying**

July 27, 2014

- **8:00 AM - Breakfast**
- **10:00 AM – Ridgeline hike**
- **1:00 PM - Snacks, pack up tents, and gear**
- **2:00 PM - Hike out....**
- **5:00 PM - Arrive trailhead, goodbyes...**

The instructors will provide the following items:

First aid kit, water filter, cooking gear, breakfast, dinner and beverages.

Items required by participants:

Required Clothing:

- Hiking socks (2 liners and 2 light or mid weight) and boots, short sleeve shirt, lightweight long sleeve shirt, mid weight fleece top, waterproof rain jacket and pants, lightweight gloves and hat.
- Note: Clothing should be moisture wicking and quick drying, i.e. no cotton.

Required Gear:

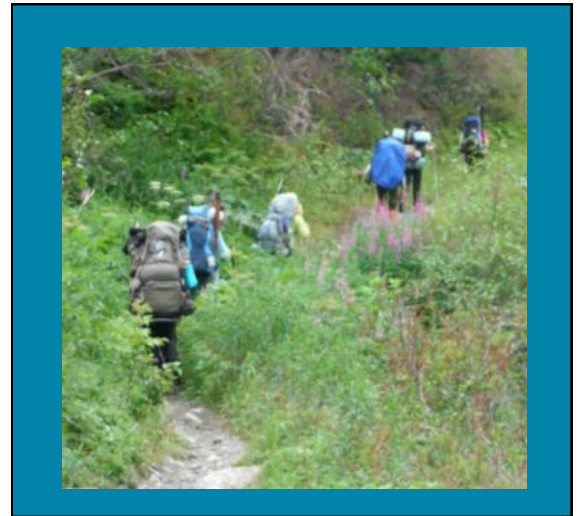
- Tent, internal or external frame pack, sleeping bag, ground pad, flashlight or headlamp, toiletries, foot care (blister pads, moleskin, etc.), personal dishes (cup, bowl, spoon, and fork), 2 water bottles
- Lunch and snacks.

Optional:

- Baseball hat, fleece or down vest, walking poles, sun glasses, sunscreen, camera, binoculars, wet wipes, bug repellent, bear spray, pocket knife, camping pillow, water filter.
- Note: you will carry your own supplies plus additional group supplies.

Contacts:

Please contact Patti Berkhahn (907) 394-0008 or Mary King (907) 394-2941 if you have any questions regarding what you should bring or if you have any special needs, including dietary.





Registration Form
Beyond BOW Backpacking & Camping Adventure
July 26-27, 2014 Summit Creek Trail Kenai Peninsula
Workshop Fee is \$100

Only one person may register per form. Please photocopy for additional registrations.

First Name _____ **Last Name** _____

Address _____

City _____ **State** _____ **Zip** _____

Cell Phone _____

Email _____

Method of Payment (check option 1 or 2)

___ 1. Check or Money Order made payable to OHFA (Outdoor Heritage Foundation of Alaska)

___ 2. Visa or Master Card made payable to OHFA (Outdoor Heritage Foundation of Alaska)

Name _____

Card # _____

EXP Date _____ **CVC** _____

Signature _____

Emergency Contact Name _____

Contact Phone Number _____

If you have any medical conditions, allergies, please explain: _____

Refund Policy! Read Carefully! When you sign your registration form, you are agreeing to these terms! If you cancel more than 30 days prior to the workshop you will receive a refund minus a \$25 processing fee. If you cancel 15-30 days prior to the workshop we will keep 50% of the workshop fee. If you cancel less than 14 days prior to the workshop no refund will be issued.

Waiver and Release Form

All participants must sign this release. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury or illness during this activity. I acknowledge there are risks of physical injury or illness during this activity. I acknowledge there are risks of physical injury to Becoming an Outdoors-Woman participants and I agree to assume the full risk or any injuries, damages or loss, regardless of severity, which I may sustain as a result of participating in activities connected or associated with this program. I waive and relinquish all claims that I, my insurer or my family may have against Becoming an Outdoors-Woman and its officers, agents, servants and employees from claims from injuries, damages, or loss which I may have or which accrue to me an account of my participation in the above program. **I also acknowledge the refund policy stated above.** Applicant is 18 years of age (or will be prior to July 26, 2014).

Signature _____ **Date** _____

Photo Release

Participants understand that photographs may be taken during the sessions and may be used in future support of the Becoming an Outdoors-Woman Program.

Signature _____ **Date** _____

Please complete and mail registration form with payment to: Checks payable to: Outdoor Heritage Foundation of Alaska (OHFA)
Send to: ADF&G ATTN: BOW HIT 333 Raspberry Road Anchorage, Alaska 99518
Registration forms with credit card payment can be faxed to 907-267-2323 or emailed to dfq.dwc.southcentralbow@alaska.gov